

## Development of An Intervention Strategic Model to Attain the Biopsychosocial Needs Among Elderly in Surabaya

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### Abstract

One of the most threatening problems for elderly is the decrement profile of quality of life due to unmet phenomenon of biopsychosocial needs. Incremental of quality of life among elderly is ultimately need to be improved by implementing an intervention that should be developed based on the real finding in daily life. Present study was conducted to 1) analyze the need, impact, and factors influencing the developmental of an intervention strategic model, 2) develop an intervention strategic model to attain the biopsychosocial needs among elderly, 3) empower the elder by organizing an event based on an approach “from elder, by elder, and for elder”.

A qualitative exploratory with phenomenology approach and participatory action research were used in present study. Elder and person in charge at elderly community group, called “karang werdha”, were included in this study. Combination of focus group discussion and gathering event were used to enable a detailed exploration of elder’s biopsychosocial needs.

There were 91 elderly people were participated in present study, and 38 people among them were considered as person in charge at “karang werdha”. Focus group discussion and gathering event were conducted 5 times and 2 times, consecutively. Focus of data exploration found that psychological well being aspects consist of: 1) acceptance, 2) social relationship, 3) autonomy, 4) environmental management, 5) goal of life, and 6) personal improvement, were innermost needed by elderly. Three aspects of 3 A’s of happiness, i.e: acceptance, autonomy, and achievement were also disclosed by participants in present study. Exploration in health aspect of elderly elucidated the need of kind and emphatic health care professionals, exclusively health care facility for elder person, and social support to be able to comply with medication regimen.

Present study pointed out the importance of developing an intervention strategic model to attain the biopsychosocial needs of elderly based on ultimate perceived importance value among elderly, i.e: acceptance, autonomy, and achievement. Multidisciplinary approach should be implemented in developing ideal and desirable intervention strategic model. All parties, either public or private parties, must have strong collaboration in order to realize the proposed intervention strategic model.

**Keywords:** intervention strategic model, biopsychosocial needs, psychological well-being.